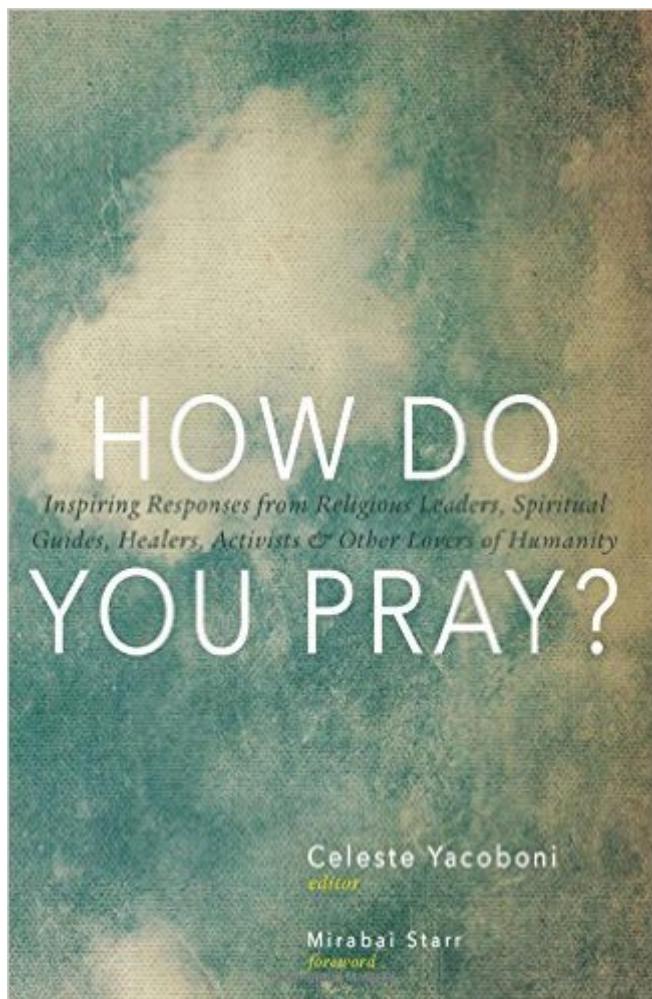


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# How Do You Pray?: Inspiring Responses From Religious Leaders, Spiritual Guides, Healers, Activists And Other Lovers Of Humanity



## **Synopsis**

As we evolve, so do our prayers; as our prayers evolve, so do we. This is the evolution of illumination, the collective voice of the soul of the world. *How Do You Pray?* was born from a vision in which Celeste Yacoboni was told to ask the world, "How Do You Pray?" She reached out to leading spiritual, shamanic, scientific teachers, guides, and activists and asked for their response. Culled from those responses is an original and deeply personal collection of essays. Talking intimately and candidly about how they pray, these personalities encourage the reader to contemplate the intention of prayer in their own life. This collection speaks to the reader's heart and asks What is your soul's expression? How do you dance in ecstasy, bare your soul to the divine? Bow in gratitude? Merge with nature? Cry out for guidance? How do you pray? This groundbreaking and moving book gathers responses from leaders of diverse spiritual and religious traditions ranging from Buddhism to Islam to Christianity, as well as those who do not claim one or any particular walk of faith. Contributors include Brother David Steindl-Rast, Matthew Fox, James O'Dea, Llewellyn Vaughan-Lee, Tessa Bielecki, Lama Surya Das, Hank Wesselman, Father Bede Griffiths, Byron Katie, Joan Halifax, Normandi Ellis, Andrew Harvey, Dan Millman, Kristena Prater, Nicki Scully, Mirabai Starr, and more. This book is a beautiful gift package with matte laminate cover and red ribbon.

## **Book Information**

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## **Customer Reviews**

What a beautiful book! It can be read and used in so many ways -- either cover-to-cover in one

grand sweep, sequentially one entry at a time, picking through the table of contents for an author or a title that piques your interest, or opening it at random for whatever gem it drops in your lap. You could use it for daily inspiration, for wisdom and encouragement when you need it most, or a sort of course in prayer. It expands your definition of prayer, and encourages a realization that, while special times or circumstances can certainly be conducive to a rich prayer life, still, a truly engaged life can also become a prayer. I think I'll be using this book for a long time. Thank you, Celeste -- this is a most valuable work you've done here.

How do you pray? It is both a simple and profound question, and one that is sure to spark all kinds of responses and reflections. It is that question that Celeste Yacoboni was given 6 years ago, and the answers as found in her book **HOW DO YOU PRAY?** will both inspire and intrigue you. I think for myself as a believer in one God who created all things and is in all things, the question and the answers show that we are all on a journey to recognize and appreciate something larger than ourselves and our circumstances. As I was going through the book I came to better realize that no matter where you are from or what your thoughts are about the Divine there is a sincere longing to be heard and recognized that we all share. The book also helps us to understand and appreciate that we should be careful putting strict limitations on what prayer is and isn't. For the contributors of the book it is about coming as they are---in the best way they know how---and feeling as though that is enough. And it can be enough. The important thing for me is to understand the importance of prayer, recognizing its value and appreciating what it offers us all. If you are looking for a reason to live your life as a daily thank you then this book will steer you in the right direction.

I am IN LOVE WITH this book. It has become part of my morning meditation ritual to read one or many of the entries and have it inform my heart in how my own practice unfolds that day. I have earmarked so many pages as the book is filled with layers and layers of inspiration. I have shared the book with most of my spiritual friends and we are all using it. I think the inquiry into how you pray is so beautiful. My friend Kimberly and I were just asking each other that question a couple of weeks ago as we have been exploring prayer as a more active practice. Literally the next day she received an email highlighting the publication of Celeste's book. We took it as a big synchronicity and each got the book. I'm very much in the inquiry and am looking forward to when I am moved to write a prayer entry onto Celeste's [How Do You Pray](#) website. Just the process of consideration feels very fruitful and expansive.

To hear from so many different traditions on the subject of prayer is phenomenal. The introduction by Maribai Starr is worth the book. I find each time I sit down with the book and read someone new, I find my own heart and mind opening to a broader idea about prayer and living prayer.

A compilation of a vast array of people with very different religious beliefs from all walks of life is easy enough to see when you read who the contributors are but, with that, there is a common thread, among all of them, as well as the reader, regardless of faith, and that is prayer. I found that interesting because it doesn't matter what you call the God of your understanding, we're all believing in the same thing. I see this book as opening the hearts of many, it provides us the insight to see the sameness in our prayer, in our being, in our humanness, and in how we live with and treat each other. To me, it is a testament to how the common thread of our souls keeps us each as part of the whole but allows us to maintain our individuality that is unique to our being human. This book is pivotal in understanding who we are at a soul level. I find it speaks to me in a way that evokes compassion, love and understanding at a deeper level than I felt before, each time I read a passage, no matter how many times I do so. I highly recommend this book for everyone,

Dear, dear Celeste, Amazingly I did not purchase your book until recently and began reading it with the beginning of this New Year. I had had every intention to do so when you first announced its publication and yet, it was not to be until now. While waiting for an appointment, I mused the shelf of books being sold at the Center and there was yours, in the very front. It might as well have been in my hands, as the desire to get it then and there was magnetic! I have only read as far as P. 14 and have already been so deeply affected, my breath taken away, tears flowing over my cheeks. It is magnificent and I do not know the words for the gratitude and love I feel towards you for having had the vision in the first place and then following through----all the way----to completion and beyond. Thank you dear Celeste, thank you! All, All Love and Blessings now and always, Camille p.s. I will be gifting many people with your extraordinary gift to us all!

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